

The City of Mountain View Public Library  
and El Camino Hospital  
present

# Manage Your Diabetes



Millions of people have diabetes or pre-diabetes and may be unaware of their condition. Diabetes can affect vital organs such as the eyes, heart, and kidneys. Research shows that preventive action can impact the progression of the disease.

Join Beya M. Sioson, RN and Certified Diabetes Educator, for a free program on techniques for managing diabetes.

**Wednesday, October 13, 7:00 pm**  
**Mountain View Public Library Community Room**  
**585 Franklin Street**  
**Mountain View, CA 94041**  
**650 903 6337**

*No RSVP required*